



# Hearty Peanut Soup

## with Kidney Beans and Sesame Flatbreads

Veggie

Spicy

30 Minutes

+ Add



Chicken Breast  
Tenders +  
310 g | 620 g

Customized Protein

+ Add

Swap

or

x2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](https://www.hellofresh.ca)



Kidney Beans  
1 | 2



Green Bell  
Pepper  
1 | 2



Sweet Potato  
2 | 4



Chili-Garlic Sauce  
1 tbsp | 2 tbsp



Yellow Onion  
1 | 2



Indian Spice Mix  
1 tbsp | 2 tbsp



Peanut Butter  
2 | 4



Vegetable Stock  
Powder  
1 tbsp | 2 tbsp



Soy Sauce  
2 tbsp | 4 tbsp



Flatbread  
2 | 4



Cilantro  
7 g | 7 g



Sesame Seeds  
9 g | 18 g

**Allergens** Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.  
Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

Pantry items | Salt, pepper, oil

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, medium bowl, silicone brush, strainer, vegetable peeler, whisk

1



## Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **sweet potatoes** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Roughly chop **cilantro**.
- Drain **kidney beans**.

2



## Start soup

- + Add | **Chicken Breast Tenders**
- Heat a large pot over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**.
- Cook 2-3 min, stirring occasionally, until slightly softened.
- Add **chili-garlic sauce** and **Indian Spice Mix**. Cook 30 sec, stirring constantly, until fragrant.

3



## Make soup base

- Meanwhile, to a medium bowl, add **soy sauce**, **peanut butter**, **stock powder** and **1 cup** (2 cups) **hot water**. Whisk until smooth.

4



## Finish soup

- To the pot with **onions**, add **beans**, **sweet potatoes**, **peppers**, **soup base** and **1 cup** (1 ½ cups) **water**. Bring to a boil over high.
- Once boiling, reduce heat to medium. Season with **salt** and **pepper**.
- Cover and cook 10-12 min, stirring occasionally, until **veggies** are tender. Season with **salt** and **pepper**.

5



## Toast flatbreads

- Meanwhile, on an unlined baking sheet, arrange **flatbreads**.
- Brush tops with **1 tbsp** (2 tbsp) **oil**. Season with **salt**, then sprinkle with **sesame seeds**. Gently press down on **sesame seeds** to adhere.
- Broil in the **middle** of the oven for 3-5 min, until **sesame seeds** are golden. (**TIP**: Keep an eye on them so they don't burn.)

6



## Finish and serve

- Quarter **flatbreads**.
- Divide **soup** between bowls. Sprinkle **cilantro** over top.
- Serve **flatbreads** alongside for dipping.

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2-serving 4-serving Ingredient

### For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Start soup and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat **chicken** dry with paper towels. Cut into 1-inch pieces and season with **salt** and **pepper**. Heat a large pot over medium high. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Cook, stirring often, until golden and cooked through, 4-5 min.\*\* Follow the rest of the recipe as written.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 165°F